



CURRICULUM CORE KNOWLEDGE PLAN

SUBJECT: PE

YEAR GROUP: Y11

DATE: 2023-2024

Term and unit	Core knowledge	Core vocabulary	Revisiting prior knowledge	Links to Walney Ways & Employability skills/Careers
Autumn Term – Rugby	- To know the rules of rugby and apply them in a game situation. - To know some of the key positions in rugby and develop knowledge of the roles of each position. - To know the key knowledge and skills from Y7/Y8/Y9/Y10 and to understand more complex rules in rugby. - Kicking – kicking for touch, kicking on last tackle, drop goal, kicking at goal - Scrum – set plays off the back of the scrum/defending at a scrum - Offloading out of the tackle, keeping the ball active - Development of rules/tactics – rules of scrum, kicking for territory/advantage, restarts - Self and peer evaluation to enhance performance	Restarts, scrum, 40-20, dropkick, penalty, blindside, conversion, dead ball line, drop out (goal line, 20m), dummy runner	Y7/Y8/Y9/Y10 – rules (knock-on, forward pass, play the ball, offside, marker). Handling – different passes Marker – role Positions Kicking/catching high ball Tackling – basic low tackle technique, holding tackle Recap of strategies from Y7/8/9/10 – draw man and pass, overlap, kicking from hand. Key vocabulary used from Y7/8/9/10.	Resilience Communicative Self-motivation Respect, teamwork, leadership, sportsmanship
Autumn Term – Football	- Recap of basic rules/concepts of football – handball, positioning, movement, strategies and tactics - To explore the role of the goalkeeping and learn basic goalkeeping technique - To know and understand the concept of set pieces – corners, free kicks, penalties and how these can be effective in improving team's performance - Develop decision making – trying to outwit opponents - Using strategies and tactics to gain advantage - Organisation and leadership – organising and executing a tournament	Reaction time, free kick, penalty, foul throw, channel, chip shot	Y7/8/9/10 – rules of football, positions, strategies from previous years, tactics and strategies Y7/8/9/10 – standing tackle, short pass, pass and move, dribbling, controlling the ball, protective dribbling, marking, shooting, turning with the ball, corners, pressing, high press	Resilience Communicative Self-motivation Respect, teamwork, sportsmanship, leadership, organisation



	• Officiating – refereeing own games, applying the rules of the game fairly and without bias • Self and peer assessment, using evaluation to enhance performance			
Spring Term – Table Tennis	• Doubles play – alternate hits, awareness and positioning on the table • Develop decision making – singles/doubles, shot selection, trying to outwit opponent – pace, spin, positioning • Organisation and leadership – organising and running table tennis tournament • Officiating and scoring – scoring and umpiring own table tennis matches • Self & peer assessment to evaluate performance. Officiating and scoring matches.	Alternate shots, chop, deep, short, deuce, down the line, game point, match point, lob, sidespin	Y7/8/9/10 – basic rules/rules of the serve/points/scoring/officiating Y7/8/9/10 – backhand and forehand push, serving, backhand and forehand drive, block, forehand smash, top spin, back spin	Resilience Communicative Self-motivation Self-aware Respect, teamwork, sportsmanship, organisation
Spring Term – Health-Related Exercise	• To know the benefits of exercise, barriers to exercise, strategies to overcome sedentary lifestyles • To explore and know the statistics around youth exercise and know the importance of regular physical activity • To know how to set targets (SMARTER) to achieve fitness/lifestyle goals • To know the different muscles we use in certain exercises/activities and ways to develop muscles • To know training methods, principles of training, types of motivation, training thresholds • To plan a fitness training programme	SMART targets, motivation, intrinsic, extrinsic, training zones, cardio, lactic acid	Y7/8/9/10 – components of fitness, barriers to exercise, importance of exercise, muscles 7/8/9/10 – muscles and when we use them in specific sports Retrieval practice of key vocabulary and core knowledge from 7/8/9/10	Resilience Communicative Self-motivation Self-aware Respect, teamwork, target setting, motivated, organisation, self-confidence
Summer Term – Striking and Fielding (Rounders/Softball/Cricket)	• To know the basic rules of cricket/rounders/softball and apply these in game situations • To know the basic fundamentals of bowling/pitching in cricket/softball/rounders and develop pace, accuracy and tactics when bowling • To know the correct batting techniques in cricket/rounders/softball and know when to select and apply these successfully in a game situation • To know the correct technique of catching/throwing and ground fielding in cricket/rounders/softball. To know some fielding	Run out, stumping, slip, point, mid-wicket, square leg, Yorker, bouncer, leave, boundary, single, out, strike, base, long barrier, backstop, bases loaded, innings, foul ball, home run, mitt, pitcher, safe, single, stealing, strikeout	Retrieval practice of key vocabulary and core knowledge from 7/8/9/10 Y7/8/9/10 – ground fielding, throwing/catching, batting, bowling, rules	Resilience Communicative Self-motivation Self-aware Respect, teamwork, sportsmanship, organisation, leadership



positions in cricket/rounders/softball and understand the demands of these positions

- To develop organisation and leadership by planning and leading competitions/leagues/matches within PE lessons